

UPDATE

動向



Hongkong Bank Foundation Continuing Coach Education Programme

滙豐銀行慈善基金 教練延續培訓計劃



Hongkong Bank Foundation Continuing Coach Education Programme

滙豐銀行慈善基金教練延續培訓計劃

Raising Significance of the Continuing Coach Education Programme (CCEP)

Hong Kong coaches are encouraged to attend CCEP as part of the Accredited Coach Renewal Scheme (ACRS) in order to stay up-to-date with the latest techniques and coaching methods.

The Programme consists of workshops and seminars which are organised by the Hong Kong Coaching Committee (HKCC) and an annual international seminar co-organised with the All-China Sports Federation.

The seminar themed "The Relationship between Sports Talent Identification and Children's Exercise Physiology" was held at the Duke of Windsor Social Service Building on 6 December 2008. Dr. Lobo H. T. Louie, Associate Professor of Department of Physical Education, Hong Kong Baptist University, gave 130 coaches a valuable insight on how to identify potential athletes at an early age.

Coaches were given a better understanding of the different physiological characteristics of young athletes. Dr. Lobo Louie also discussed the physique of genuine sports talent and opened the floor up to questions to enrich coaches' knowledge on sports talent identification.

Another seminar, with the theme on "Tips for Training Knee and Ankle Injured Athletes", was held on 9 January 2009 at the Olympic House. The seminar attracted a record number of 230 local coaches to attend.

Mr. Alex Luk, Sport Physiotherapist of the Hong Kong Sports Institute (HKSI) shared his knowledge and expertise on common knee and ankle injuries and the subsequent treatment for those injuries.

The seminar was divided into two sessions. The first session discussed common knee injuries and corresponding physiotherapy, while the second session dealt with ankle injuries and related treatment. Mr. Luk also provided useful tips for training both knee and ankle injured athletes.



教練延續培訓計劃重要性與日俱增

為了鼓勵教練與時並進，學習最新的技巧和知識，香港教練培訓委員會推出了認可教練續領計劃，而向來廣受歡迎的教練延續培訓計劃，就是認可教練續領計劃的一個重要部分。

教練延續培訓計劃舉辦的活動可分為兩類型：由香

港教練培訓委員會舉辦的各項工作坊和研討會，以及每年與中華全國體育總會合辦的國際研討會。

在二零零八年十二月六日假座溫莎公爵社會服務大廈舉行的「體育選材與兒童運動生理關係」講座，由香港浸會大學體育學系副教授雷雄德博士向出席的一百三十位教練講解如何發掘具有運動潛質的兒童及真正運動天才應具備的體格，讓他們對年輕運動員的生理特質有了更深入的認識。



此外，雷博士更即場解答台下提問，大大增進了參加者在運動選材方面的知識。

由香港體育學院運動物理治療師陸國恒講述的「運動員膝關節及足踝受傷後的訓練要點」講座則於二零零九年一月九日在奧

運大樓舉行，出席的教練多達二百三十位，是歷來之冠。研討會分為兩節，第一節是關於常見的膝關節傷患和物理治療方法，第二節則圍繞足踝損傷及有關治療，講師並就如何為傷患的運動員編排訓練提供了有用的心得。



Hongkong Bank Foundation Accredited Coach Renewal Scheme

滙豐銀行慈善基金認可教練續領計劃

Accredited Coach Renewal Scheme Reminder

The ACRS aims to maintain the quality of coaches through continuing coach education activities and provide accredited coaches with a path to aspire for higher levels as well as to promote the culture of lifelong development.

Coaches are encouraged to accumulate sufficient hours of continuing coach education activities in order to meet the renewal requirement and maintain a valid accreditation status with the HKCC.

Since 1 September 2008, all accredited coaches have been issued with a Coach Accreditation Card and a Coach Logbook, with a validity of four years upon completion of the Sports-General Theory (Part A) course.

As such, Coaches accredited in 2002 are reminded to submit their replacement applications within the two-month period from 1 July to 31 August 2009 for renewing their Sports-General Theory Certificate, Coach Accreditation Card and Coach Logbook.

For details of the ACRS, please browse the HKCC website at www.hkcoaching.com.



認可教練續領新證時間

認可教練續領計劃旨在透過教練延續培訓計劃維持教練質素，為認可教練提供途徑以提升水平，並推動終生學習的文化。

教練必須參加足夠時數的延續培訓活動，方獲香港教練培訓委員會確認為認可教練和續領新證。

自二零零八年九月一日起，所有修畢運動通論課程的認可教練都已獲發有效期四年的「認可教練證」及「教練記錄冊」。

於二零零二年間獲得認可資格的教練，請於二零零九年七月一日至八月三十一日期間申請換領新的「運動通論證書」、「認可教練證」及「教練記錄冊」。

有關續領計劃的詳情，請參閱香港教練培訓委員會網站 www.hkcoaching.com。

Hongkong Bank Foundation Coach Recognition Programme

滙豐銀行慈善基金教練獎勵計劃

Record breaking number of nominees for Hongkong Bank Foundation Coaching Awards

A record breaking of 131 applications have been received for the 2008 Coaching Awards, competing in six categories (namely: Coach of the Year Awards; Distinguished Services Award for Coaching; Coach Education Award; Best Team Sport Award; Coaching Excellence Awards and Community Coach Recognition Awards). The Awards recognise the efforts of coaches who work tirelessly behind the scene to nurture and develop the athletes.

An Awards Sub-Committee has been appointed by the HKCC for selection of the award winners. Members include Lowell Chang, Silas Chiang, Chu Hoi-kun, Professor Leung Mee-lee, Ronnie Wong (listed according to the alphabetical order of their last names), and Dr. Trisha Leahy as an Ex-Officio Member. Winners will be announced at the Awards Presentation on 19 April 2009 at the Grand Hyatt Hong Kong.

滙豐銀行慈善基金優秀教練選舉候選人數再創新高

「二零零八滙豐銀行慈善基金優秀教練選舉」共有一百三十一項提名，分別角逐「全年最佳教練獎」、「傑出貢獻獎」、「最佳教練培訓工作者獎」、「最佳隊際運動教練獎」、「精英教練獎」，以及「社區優秀教練獎」六組獎項。這些獎項都是為了表揚和嘉許教練致力培育運動員而設立。



香港教練培訓委員會已委任了選舉評審團負責選出各組獎項的得主，今屆成員包括張爾惠、蔣德祥、朱凱勤、梁美莉教授、王敏超（以英文姓氏字母排序）及李翠莎博士（當然成員）。得獎名單將於二零零九年四月十九日於香港君悅酒店舉行的頒獎典禮上揭曉。

2008 Hongkong Bank Foundation Coaching Awards

List of Nominees

二零零八年滙豐銀行慈善基金優秀教練選舉 候選教練名單

Coach of the Year Awards 全年最佳教練獎		Sport 體育項目	
Senior athletes, individual sport 個人項目高級組			
Yu Lik	余力	Athletics	田徑
He Yi-ming	何一鳴	Badminton	羽毛球
Li Sai-sum	李世琛	Bodybuilding	健美
Shen Jin-kang	沈金康	Cycling	單車
Yau Wai-ping	丘惠萍	Life Saving	拯溺
Kam Chi-ho	甘志豪	Swimming for the Mentally Handicapped	智障人士游泳
Ni Chao-yang	倪朝陽	Swimming for the Mentally Handicapped	智障人士游泳
Cui Xiao-yan	崔小燕	Table Tennis for the Mentally Handicapped	智障人士乒乓球
Leung Kam-yau	梁金祐	Table Tennis for the Mentally Handicapped	智障人士乒乓球
Purvis James Granger	柏夫斯	Tenpin Bowling	保齡球
Zheng Kang-zhao	鄭兆康	Wheelchair Fencing	輪椅劍擊
Cheung Kwok-bun	張國斌	Windsurfing	滑浪風帆
Yu Li-guang	于立光	Wushu	武術
Senior athletes, team event 團體項目高級組			
Wang Zhong-qiang	王忠強	Fencing	劍擊
Chris Perry	白勵	Rowing	賽艇
Choi Yuk-kwan, Tony	蔡玉坤	Squash	壁球
Kam Chi-ho	甘志豪	Swimming for the Mentally Handicapped	智障人士游泳
Ni Chao-yang	倪朝陽	Swimming for the Mentally Handicapped	智障人士游泳
Li Hui-fen	李惠芬	Table Tennis	乒乓球
Cui Xiao-yan	崔小燕	Table Tennis for the Mentally Handicapped	智障人士乒乓球
Leung Kam-yau	梁金祐	Table Tennis for the Mentally Handicapped	智障人士乒乓球
Gao Song	高聳	Wushu	武術
Junior athletes, individual sport 個人項目青少年組			
Yu Lik	余力	Athletics	田徑
Ng Chit-wing	吳哲穎	Athletics	田徑
Liu Zhi-heng	劉志恆	Badminton	羽毛球
Wang Zhong-qiang	王忠強	Fencing	劍擊
Poon King-hung	潘鏡雄	Gymnastics	體操
Wong Chi-wai, Sam	黃志偉	Rowing	賽艇
Chiang Yun-kuen	蔣潤權	Rowing	賽艇
Choi Yuk-kwan, Tony	蔡玉坤	Squash	壁球
Yu Wing-ho	茹詠豪	Windsurfing	滑浪風帆
Wong Chi-kwong	黃志光	Wushu	武術
Junior athletes, team event 團體項目青少年組			
Pat Kwok-wai	畢國偉	Athletics	田徑
Liu Zhi-heng	劉志恆	Badminton	羽毛球
Lo Wan-kei, Alex	盧允基	Rowing	賽艇
Gao Song	高聳	Wushu	武術
Best Team Sport Award 最佳隊際運動教練獎		Sport 體育項目	
Chu Yiu-ming	朱耀明	Basketball	籃球
Aftab Habib		Cricket	板球
Lau Ying-cheung	劉應祥	Handball	手球
Rodney McIntosh		Rugby	欖球
Distinguished Services Award for Coaching 傑出貢獻獎		Sport 體育項目	
Lo King-man	盧京文	Life Saving	拯溺
Wong Chi-wai, Sam	黃志偉	Rowing	賽艇
Zheng Kang-zhao	鄭兆康	Wheelchair Fencing	輪椅劍擊
Coach Education Award 最佳教練培訓工作者獎		Sport 體育項目	
Li Sai-sum	李世琛	Bodybuilding	健美
Law Kin-keung	羅健強	Wushu	武術
Coaching Excellence Awards 精英教練獎		Sport 體育項目	
Ng Chit-wing	吳哲穎	Athletics	田徑
Pat Kwok-wai	畢國偉	Athletics	田徑
Yu Lik	余力	Athletics	田徑
Au Yeung Ka-kue	歐陽家駒	Athletics for the Physically Disabled	傷殘人士田徑
Chan Chi-choi	陳智才	Badminton	羽毛球
Chan Sau-shun	陳守信	Badminton	羽毛球
Chen Yang	陳楊	Badminton	羽毛球
Agus Hariyanto	林光毅	Badminton	羽毛球

Coaching Excellence Awards 精英教練獎	
He Yi-ming	何一鳴
Liu Zhi-heng	劉志恆
Zheng Yu-min	鄭昱閏
Kwok Hart-wing	郭克榮
Poon Chun-kit, Ken	潘俊傑
Wong Sau-wah	黃秀華
Fung Kai-wing	馮啟榮
Li Sai-sum	李世琛
Wong Kwai-hung	黃桂洪
Shen Jin-kang	沈金康
Tsang Kai-ming	曾啟明
He Tai-shun	何泰順
Andras Decsi	
Geza Marffy	
Sandor Neuhold	
Wang Chang-yong	汪昌永
Wang Rui-ji	王銳基
Wang Zhong-qiang	王忠強
Zhou Yong-cheng	周永成
Poon King-hung	潘鏡雄
Shing Sau-ping, Semeul	成秀萍
Yau Wai-ping	丘惠萍
Cheng Yuen-ki, Hilda	鄭宛琦
Ko Man-fung, Francis	高文峯
Lee Man-wai	李文威
Leung Lam	梁林
Chiang Yun-kuen	蔣潤權
Lo Wan-kei, Alex	盧允基
Chris Perry	白勵
Wong Chi-wai, Sam	黃志偉
Rodney McIntosh	
Cheung Hei-man	張希文
Lok Chi-wai, Rocky	駱志偉
Choi Yuk-kwan, Tony	蔡玉坤
Faheem Khan	簡化謙
Leung Kan-fai, Dick	梁勤輝
Wong Wai-chung, Joe	王偉聰
Kam Chi-ho	甘志豪
Ni Chao-yang	倪朝陽
Dong Lun	董倫
Guan Jian-hua	管建華
Li Hui-fen	李惠芬
Cui Xiao-yan	崔小燕
Leung Kam-yau	梁金祐
Purvis James Granger	柏夫斯
Kevin Clark	
Ruth Hunt	露芙肯特
Wan Shu-wah	溫樹華
Kwong Wai-ip, Eric	鄺偉業
Lau Sik	劉軾
Zheng Kang-zhao	鄭兆康
Cheung Kwok-bun	張國斌
Yu Wing-ho	茹詠豪
Gao Song	高聳
Lo Nga-ching	羅雅菁
Wong Chi-kwong	黃志光
Wong Wai-ching	黃惠貞
Yu Li-guang	于立光

Community Coach Recognition Awards 社區優秀教練獎	
Lam On-tat	林安達
Chu Wing-fan	朱穎芬
Tsang Chiu-pong	曾昭邦
Chu Ka-chun, Ivan	朱加俊
Lau Wai-ho, Eddie	劉偉豪
Najeeb Amar	
Lee Chi-nang, Peter	李志能
Lo Kit-ying, Loretta	盧潔凝
Yeung Wai-man	楊偉文
Yip Sai-leung	葉世良
Lau Wing-kit	劉永傑
Fung Kwai-cheung	馮貴祥
Lau Wai-lin	劉惠蓮
Li On-tung	李安東
Fung Suet-yee, Vanessa	馮雪儀
Chau Chiu-nam	周肖男
Carlay Tong	湯嘉麗
Lui Shek-man	呂石文
Tong Yi-man	唐宇雯

Sport 體育項目	
Badminton	羽毛球
Badminton	羽毛球
Badminton	羽毛球
Boccia	硬地滾球
Boccia	硬地滾球
Boccia	硬地滾球
Bodybuilding	健美
Bodybuilding	健美
Bodybuilding	健美
Cycling	單車
Cycling	單車
Fencing	劍擊
Fencing	劍擊
Fencing	劍擊
Fencing	劍擊
Fencing	劍擊
Fencing	劍擊
Fencing	劍擊
Fencing	劍擊
Fencing	劍擊
Gymnastics	體操
Indoor Cycling	室內單車
Life Saving	拯溺
Orienteering	野外定向
Orienteering	野外定向
Orienteering	野外定向
Orienteering	野外定向
Rowing	賽艇
Rowing	賽艇
Rowing	賽艇
Rowing	賽艇
Rugby	欖球
Sport Climbing	運動攀登
Sport Climbing	運動攀登
Squash	壁球
Squash	壁球
Squash	壁球
Squash	壁球
Swimming for the Mentally Handicapped	智障人士游泳
Swimming for the Mentally Handicapped	智障人士游泳
Table Tennis	乒乓球
Table Tennis	乒乓球
Table Tennis	乒乓球
Table Tennis for the Mentally Handicapped	智障人士乒乓球
Table Tennis for the Mentally Handicapped	智障人士乒乓球
Tenpin Bowling	保齡球
Triathlon	三項鐵人
Triathlon	三項鐵人
Triathlon	三項鐵人
Wheelchair Fencing	輪椅劍擊
Wheelchair Fencing	輪椅劍擊
Wheelchair Fencing	輪椅劍擊
Windsurfing	滑浪風帆
Windsurfing	滑浪風帆
Wushu	武術
Wushu	武術
Wushu	武術
Wushu	武術
Wushu	武術

Sport 體育項目	
Athletics	田徑
Badminton	羽毛球
Badminton for the Physically Disabled	傷殘人士羽毛球
Basketball	籃球
Basketball	籃球
Cricket	板球
Handball	手球
Indoor Cycling	室內單車
Life Saving	拯溺
Life Saving	拯溺
Orienteering	野外定向
Swimming	游泳
Swimming	游泳
Taekwondo	跆拳道
Tenpin Bowling for the Mentally Handicapped	智障人士保齡球
Triathlon	三項鐵人
Triathlon	三項鐵人
Wushu	武術
Wushu	武術

Hongkong Bank Foundation School Coach Accreditation Programme

滙豐銀行慈善基金學校教練評定計劃

Excellent turnout for School Coach Accreditation Programme (SCAP) from teachers across Hong Kong

A total of 74 teachers from 61 schools attended the SCAP Christmas course held between 30 October and 13 December 2008.

Funded by the Hongkong Bank Foundation since its inception in 1998, the SCAP is designed for school teachers who work with school teams or co-curricular activities in schools to gain accreditation and improve their coaching skills. The Programme is widely supported by the Hong Kong Schools Sports Federation, NSAs, principals and teachers.

The Christmas course was organised by the HKCC in collaboration with the Hong Kong Basketball Association and the Hong Kong Football Association. The Sports-General Theory course was held during weekdays in October and November 2008, while the Sport-Specific Theory courses were held during weekends in late November and December 2008.

學校教練評定計劃再次獲得廣泛支持

來自六十一間學校的七十四位老師，參加了於二零零八年十月三十日至十二月十三日舉行的學校教練評定計劃。

學校教練評定計劃自一九九八年推行以來，一直得到滙豐銀行慈善基金慷慨資助，協助不少帶領校隊或負責校內體育活動的老師取得認可資格，改善教練技巧，所以廣泛獲得香港學界體育聯會、各體育總會、校長和老師支持。

這次的聖誕假期班課程，是由香港教練培訓委員會與香港籃球總會及香港足球總會合辦。參加者先在十月和十一月的平日修讀運動通論課，而專項運動課則安排在十一月下旬和十二月的週末舉行。



Hongkong Bank Foundation Coach Accreditation Programme

滙豐銀行慈善基金教練級別評定計劃

Course Schedule for 2009

The schedule of the Sports-General Theory (Part A) Course for 2009 is now available. Interested coaches can apply through their respective NSAs. For enrolment details, please visit the HKCC website at www.hkcoaching.com.

Moreover, the HKCC presented the scholarships to six coaches who had achieved outstanding results at the 2007/08 Sports-General Theory courses of the Hongkong Bank Foundation Coach Accreditation Programme (CAP). The scholarship awardees were:



二零零九年課程時間表

二零零九年的運動通論(甲部)課程現已開始接受報名，歡迎有興趣的教練透過所屬體育總會報讀。請瀏覽香港教練培訓委員會網站 www.hkcoaching.com 查閱詳情。

此外，香港教練培訓委員會向六位修讀二零零七/零八年度滙豐銀行慈善基金教練級別評定計劃運動通論課程的教練頒授獎學金，以嘉許他們取得優異成績。獎學金得主名單如下：

CAP Level 級別	Awardees 得獎者		NSA 體育總會	
Level 1 第一級	Huang King-lun	黃經倫	Archery	射箭
	Li Chi-kit	李子傑	Bodybuilding	健美
	Law Chun-tung	羅震東	Canoe	獨木舟
Level 2 第二級	Chow Kwong-wing	鄧廣榮	Rowing	賽艇
	Yu, Dorvian	余黛雯	Tenpin Bowling	保齡球
Level 3 第三級	Lam Chi-kin	林志堅	Lawn Bowls	草地滾球

Level 1 & 2 Sports-General Theory Courses (April - December 2009)

第一及二級運動通論課程 (2009年4月至12月)

Course code 課程編號	Course 課程	Month 月份	Date 日期
09-102C1	Level 1 (Cantonese) - weekend course 第一級 (廣東話) - 週末班	April 四月 May 五月	18, 19, 25, 26 9, 10, 16, 17, <u>31</u>
09-103C1	Level 1 (Cantonese) - weekday ² course 第一級 (廣東話) - 平日班 ²	May 五月 June 六月	12, 14, 19, 21, 26 2, 4, 9, 11, 16, 18, <u>23</u>
09-104C1	Level 1 (Cantonese) - weekday ¹ course 第一級 (廣東話) - 平日班 ¹	May 五月 June 六月	8, 11, 13, 15, 18, 20, 22, 25, 27, 29 1, <u>3</u>
09-105C1	Level 1 (Cantonese) - weekend course 第一級 (廣東話) - 週末班	June 六月 July 七月	6, 7, 13, 14, 20, 21, 27, 28 <u>5</u>
09-106C1	Level 1 (Cantonese) - weekday ¹ course 第一級 (廣東話) - 平日班 ¹	June 六月 July 七月	19, 22, 24, 26, 29 3, 6, 8, 10, 13, 15, <u>17</u>
09-101C2	Level 2 (Cantonese) - weekend course 第二級 (廣東話) - 週末班	August 八月 September 九月 October 十月	29, 30 5, 6, 12, 13, 19, 20, 26, 27 <u>11</u>
09-107C1	Level 1 (Cantonese) - weekday ² course 第一級 (廣東話) - 平日班 ²	September 九月 October 十月	1, 3, 8, 10, 15, 17, 22, 24, 29 6, 8, <u>13</u>
09-108C1	Level 1 (Cantonese) - weekday ¹ course 第一級 (廣東話) - 平日班 ¹	October 十月 November 十一月	12, 14, 16, 19, 21, 23, 28, 30 2, 4, 6, <u>9</u>
09-109C1	Level 1 (Cantonese) - weekend course 第一級 (廣東話) - 週末班	October 十月 November 十一月	10, 17, 18, 31 1, 7, 8, 14, <u>15</u>
09-1010C1	Level 1 (Cantonese) - weekday ¹ course 第一級 (廣東話) - 平日班 ¹	November 十一月 December 十二月	11, 13, 16, 18, 20, 23, 25, 27, 30 2, 4, <u>7</u>
09-1011C1	Level 1 (Cantonese) - weekend course 第一級 (廣東話) - 週末班	November 十一月 December 十二月	21, 22, 28, 29 5, 6, 12, 13, <u>20</u>

The schedule and venue are subject to modification if necessary. 課程日期及上課地點在需要情況下會作出修改

Remarks:

- Venue: Hall 5, Wu Kai Sha Youth Village
- Time: Weekday¹ course (Monday, Wednesday & Friday): 7:00pm - 10:00pm
Weekday² course (Tuesday & Thursday): 7:00pm - 10:00pm
Weekend course (Saturday & Sunday): 2:00pm - 8:00pm
- Examination: Dates underlined

備註:

- 上課地點: 烏溪沙青年新村五號禮堂
- 上課時間: 平日班¹ (星期一、三及五): 晚上七時至十時
平日班² (星期二及四): 晚上七時至十時
週末班 (星期六及日): 下午二時至晚上八時
- 考試日期: 劃有底線日期為考試日期

16th Hongkong Bank Foundation Elite Coaches Seminar

第十六屆滙豐銀行慈善基金精英教練員研討會

Elite Coaches Seminar to be held at Guangzhou

The Hongkong Bank Foundation Elite Coaches Seminar will be held on 23 and 24 May 2009 at the Guangzhou Sport University, China.

The theme of the seminar will be on China's success in the 2008 Olympic Games. Olympic coaches and sports scientists from China will share their expertise and knowledge with local coaches and delegates from Mainland China at the seminar.

The Elite Coaches Seminar, first held in 1993, is jointly organised by the HKCC and the All-China Sports Federation, and will be held in Guangzhou for the first time to maximize exchanges between local and the Mainland coaches.

Please grasp this valuable chance to communicate with the China Olympic coaches and book your seat early. For more information, please visit the HKCC website at www.hkcoaching.com.

精英教練員研討會移師廣州舉行

今屆的滙豐銀行慈善基金精英教練員研討會已定於五月二十三及二十四日在廣州市的廣州體育學院舉行。

是次活動將以中國在二零零八年北京奧運會的佳績為主題。屆時，中國體育代表團的教練和內地的運動科研專家，將與香港和內地的參加者分享專業知識。

精英教練員研討會於一九九三年首辦，是由香港教練培訓委員會與中華全國體育總會合辦的大型活動。今屆將首次移師廣州舉行，藉此期望進一步加強本港與內地教練的交流。

能與中國隊教練及科研人員作面對面的交流，實屬難能可貴。由於名額有限，為免向隅，請盡早報名。有關詳情，請瀏覽香港教練培訓委員會網站 www.hkcoaching.com。

THE HONG KONG COACHING COMMITTEE

is a joint committee of the
Sports Federation & Olympic Committee of Hong Kong, China
and
Hong Kong Sports Institute

香港教練培訓委員會

是由
中國香港體育協會暨奧林匹克委員會
及
香港體育學院
聯合組成的委員會

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